

2024 Grapevine Cup of Health Class Schedule

Date	Time	Class	Location
Tuesday 2/27/2024	10-11 AM	Heart Diseases and Stroke	Menominee Falls Senior Center
Wednesday 3/6/2024	6-7 PM	Heart Diseases and Stroke	Oconomowoc Library
Thursday 3/14/2024	12-1 PM	Heart Diseases and Stroke	Oconomowoc Library
Tuesday 3/26/2024	1:30-2:30 PM	Heart Diseases and Stroke	Elm Grove Library
Thursday 3/28/2024	9:30-10:30 AM	Heart Diseases and Stroke	Muskego Library
Friday 4/5/2024	10-11 AM	Better Sleep	New Berlin Library
Monday 4/11/2024	1-2 PM	Self-Care	Waukesha Schuetze Recreation Center
Tuesday 4/23/2024	10-11 AM	Better Sleep	Menominee Falls Senior Center
Wednesday 5/1/2024	6-7 PM	Better Sleep	Oconomowoc Library
Thursday 5/9/2024	12-1 PM	Better Sleep	Oconomowoc Library
Thursday 5/23/2024	9:30-10:30 AM	Better Sleep	Muskego library
Tuesday 5/28/2024	1:30-2:30 PM	Better Sleep	Elm Grove Library
Wednesday 6/5/2024	6-7 PM	Brain Health	Oconomowoc Library
Friday 6/14/2024	10-11 AM	Brain Health	New Berlin Library-
Tuesday 6/25/2024	10-11 AM	Brain Health	Menominee Falls Senior Center
Thursday 7/11/2024	12-1 PM	Brain Health	Oconomowoc Library
Tuesday 7/23/2024	1:30-2:30 PM	Brain Health	Elm Grove Library
Thursday 7/25/2024	9:30-10:30 AM	Brain Health	Muskego Library
Friday 8/9/2024	10-11 AM	Laughter and Health	New Berlin Library
Tuesday 8/27/2024	10-11 AM	Laughter and Health	Menominee Falls Senior Center
Wednesday 9/4/2024	6-7 PM	Laughter and Health	Oconomowoc Library
Thursday 9/12/2024	12-1 PM	Laughter and Health	Oconomowoc Library
Tuesday 9/24/2024	1:30-2:30 PM	Laughter and Health	Elm Grove Library
Thursday 9/26/2024	9:30-10:30 AM	Laughter and Health	Muskego Library
Monday 10/4/2024	10-11 AM	Diabetes Prevention	New Berlin Library
Tuesday 10/28/2024	10-11 AM	Diabetes Prevention	Menominee Falls Senior Center
Wednesday 11/6/2024	6-7 PM	Diabetes Prevention	Oconomowoc Library
Thursday 11/14/2024	12-1 PM	Diabetes Prevention	Oconomowoc Library
Thursday 11/21/2024	9:30-10:30 AM	Diabetes Prevention	Muskego Library
Tuesday 11/26/2024	1:30-2:30 PM	Diabetes Prevention	Elm Grove Library

Class Location Addresses

New Berlin Library- 15105 Library Ln, New Berlin, WI 53151

Oconomowoc Library- 200 W South St, Oconomowoc, WI 53066

Elm Grove Library- 13600 Juneau Boulevard, El Grove, WI 53122

Muskego Library- S73W16663 Janesville Road, Muskego, WI 53150

Menominee Falls Senior Center- W152N8645 Margaret Rd, Menomonee Falls, WI 53051

Waukesha Schuetze Recreation Center- 1120 Baxter St, Waukesha, WI 53186

Class Descriptions

Heart Disease and Stroke-

Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many women and men are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health – maybe even saving your life.

Better Sleep-

1 in 3 American adults fails to get enough sleep. Are you one of them? Join us for this session to discuss what's getting in the way of better sleep and what you can do about it.

Better Brain Health-

While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

The Importance of Laughter and Health-

It has been said that laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Come learn how laughter reduces stress, boosts our immune system, aids in protecting our heart, and even burns calories. Also learn fun simple ways to add more laughter into your life.

Preventing Diabetes-

Did you know that more than 1 in 3 people have prediabetes? If left unaddressed, prediabetes can develop into type 2 diabetes, which is a serious condition! Think of prediabetes as your window of time to take action and prevent further health complications. In this session, learn about your risk for prediabetes and what steps you can take to prevent it from developing into type 2 diabetes.